Sequencing Movements

In order to create and control a Floreio flow like in the original Foreio Art clip [**FLOREIO ART (DEMO)**], one needs to practice and develop the following aspects in his practice:
A. Singular movements.
B. Sequences of 2 to infinite amount of movements put together.
C. Improvised sequencing practice of known movements.
D. Finally and most difficult feat - improvised practice. (both sequencing and movement improvisation)

We are still in the beginning stages of building our flow, but bare with me. The results will be worth it, and I do hope you are having fun moving, training, balancing, mobilizing and strengthening in this non traditional and non-boring way. There is much more to exercise than push ups, pull ups and squats. Be creative, organic and... Flow.

QDR STATIC WORK

STATIC QDR EASIEST TO HARDEST VARIATIONS

We are going to dedicate the first part of the workout to static strengthening of the QDR position.
Usually Capoeira practitioners stop their practice at the 'legs up, support with head and hands' 3 point QDR.
This is a very limiting practice if you are after more advanced Floreio development down the road.
The reason is that most Floreio transitions, variations and flows that goes through the QDR are performed with only limited amount of fully supported three original points of contact QDR. (Head and two hands)
Instead, one will have to develop great control in the main active arm, and without the head supporting. Control of this position will allow very fast learning and implementation stage to advanced Floreio movements. Most Capoeiristas (every one that I know but me and my students, basically, but I don't know everyone...) will just dedicate time to learning more and more pieces of Floreio, and while doing so improving the control in the QDR in those positions, but I prefer to take a more basic and general approach, one that allows me to control every QDR movement that I run into instantly and without wasting undue time specifically training for it - the advanced QDR development or simply The One Handed QDR.

The progression towards the One Arm QDR is as follows:
1. 3 point support closed position QDR resting the upper knee on the non supporting elbow.
2. 3 point support closed position QDR knees in the air.
3. 3 point support open position QDR.
4. 2 point support open position QDR. (no head)
5. 1 point support + fingertips open position QDR.
6. 1 point support QDR.

Check out the clip below going through the various variation. Choose the one suitable for you. Train for time. This is not a difficult feat to achieve, (unlike the One Arm Handstand - we will go over that in the future) just be consistent and devote the time needed for ingraining it. Also, I advice you to work the Wrist Routine super heavy and frequently if you are after this advanced variation. You can thank me later.

SEQUENCING ROLE INTO AU CORTADO

ROLE INTO HALF AU

Today's sequencing work is going to concentrate on combining a Role with various Au Cortado variations.

The easiest variation is going to be **Role Into Half Au sequence**. From the squat flow cleanly into a Role, from the middle position of the Role, when your head is between your legs which are spread wide, start to sweep

the second leg going out of the Role to the side (Like a normal completion of Role) and up into the Half Au Position.
Continue extending into the Half Au, stop briefly in the position and lower into a new squat.
Repeat on the other side.

ROLE INTO AU CORTADO

The intermediate variation is going to be **Role Into Au Cortado**.
The same details about the entry from the beginner variation apply, only from the Half Au Cortado flow into the other side Half and lower into a squat. Continue with the whole sequence to the other side.

ROLE INTO REGRETTING AU

The advanced variation is going to be **Role Into Regretting Au**. It is basically the same as the intermediate variation, only you are not quite completing the Au Cortado, but stopping a few inches off the ground and reversing into the side you came from. This variation requires better handstand dominance, strength, balance and some side arching control of the spine, but will reward you big time in those areas once achieved.

Floreio Static QDR and Sequence Development Workout Beginner

Warm Up
A1. 5 min Rope Jump
A2. Wrist routine X 1 set
A3. Ido's Squat Clinic Routine X 1 set
A4. Shoulder ROM and Stabilization routine X 1 set

Rest 90 sec

QDR Static Work
B1. Static QDR 10-30 sec per side / 3-5 sets / 45 sec rest

Rest 90 sec

Sequencing Movements Work
C1. Role Into Half Au / Role Into Au Cortado 12 reps / 3-5 sets / 60 sec rest
D1. Role Into QDR sequence X 12 reps / 3-5 sets / 60 sec rest

PreHab Cool Down
E1. Wrist Routine X 3 subsequent sets

Floreio Static QDR and Sequence Development Workout Intermediate

Warm Up
A1. 5 min Rope Jump
A2. Wrist routine X 1 set
A3. Ido's Squat Clinic Routine X 1 set
A4. Shoulder ROM and Stabilization routine X 1 set

Rest 90 sec

QDR Static Work
B1. Static QDR 10-30 sec per side / 3-5 sets / 45 sec rest

Rest 90 sec

Sequencing Movements Work
C1. Role Into Au Cortado 12 reps / 3-5 sets / 60 sec rest
D1. Role Into QDR sequence X 12 reps / 3-5 sets / 60 sec rest

PreHab Cool Down
E1. Wrist Routine X 3 subsequent sets

Floreio Static QDR and Sequence Development Workout Advanced

Warm Up
A1. 5 min Rope Jump
A2. Wrist routine X 1 set
A3. Ido's Squat Clinic Routine X 1 set
A4. Shoulder ROM and Stabilization routine X 1 set

Rest 90 sec

QDR Static Work
B1. Static QDR 10-30 sec per side / 3-5 sets / 45 sec rest

Rest 90 sec

Sequencing Movements Work
C1. Role Into Regretting Au X 12 reps / 3-5 sets / 60 sec rest
D1. Role Into QDR Rotational Push Ups X 12 reps / 3-5 sets / 60 sec rest

PreHab Cool Down
E1. Wrist Routine X 3 subsequent sets

Enjoy. Keep working on your Floreio flow trouble spots - movements that you are having problems with.
Ido.